

WILD WOMB

SOBERANÍA Y SALUD FEMENINA

Fecha y hora

**24 OCT 2025
12H**

Dónde

**SALA
VALDELAGUNA**



**PRESENTACIONES ARTÍSTICAS
Y CONVERSATORIO**

WWW.SYMBIOTICROOTS.ORG



MEJOR JUNTOS

11 DE DICIEMBRE 16:45

VEN A

DISFRUTAR CONECTAR ENCARNAR LA EMPATÍA

COORDINADA: ALEXANDRA VAGIANELI
PSICÓLOGA (MSc)
DANZA MOVIMIENTO TERAPEUTA (EN FORMACIÓN)



symbiotic.roots.ace



symbiotic.roots.ace As an association that promotes non formal education tools, we acknowledge the importance of teachers to reconnect with their bodies, emotions, and creative voice. We are also convinced that bringing somatic and expressive arts practices into teachers' own experience can reshape the learning environment from the inside out.

Today we are celebrating, [@alexandra_vagianeli](#) one of our youth workers, who is offering a workshop to support teachers with these powerful practices. A beautiful step toward nurturing healthier, more creative learning environments. ✨🙌

Celebrating that these methodologies are entering public schools, and opening space for creativity, presence, and well-being in education. 📚🎨

Check out Alexandra's proposal!

[#SomaticEducation](#) [#ExpressiveArts](#) [#TeacherWellbeing](#) [#PublicSchools](#) [#youthwork](#)



Les gusta a [ethicalnomad_on_the_go](#) y 14 personas más
26 de noviembre de 2025



Agrega un comentario...

Publicar



geyoteam y 2 personas más

Bolu



geyoteam "Wild Womb: Menstrual Education, Health and Sovereignty" adlı Erasmus+ Projesinde edindiğimiz bilgi ve uygulamaları aktarmaya devam ediyoruz.

Ekibimizin Eğitim, Kültür ve Sosyal İşlerden Sorumlu Üyesi Ayşegül Hande DAĞDEVİREN ÖZCAN'ın gönüllü katılımcılar ile gerçekleştirdiği çalıştay, lise öğrencisi genç kızlar tarafından ilgi ve beğeni ile karşılandı.

Sağlık, beden farkındalığı, bütüncül yaklaşım ve güçlendirici pratikler üzerine interaktif çalışmalar yapmaya devam edeceğiz.

2 sem Ver traducción



symbiotic.roots.ace ❤️ much needed work! Thank you!

1 sem 1 Me gusta Responder Ver traducción

Ver respuestas (1)



Les gusta a symbiotic.roots.ace y 45 personas más

16 de enero



Agrega un comentario...

Publicar

WILD WOMB

menstrual education, health and sovereignty
project introduction and practical activities



(ESP) Casal del Barri Pou de la Figuera (BCN)
C. Sant Pere més Baix, 70
Sábado, 22/11/25, 11:00-13:00h
.....
(EN) ONLINE via ZOOM
Wednesday, 17/12/25, 18:30-20:00h

REGISTRATION/ INFO
info@symbioticroots.org


symbiotic roots Districte de Ciutat Vella Ajuntament de Barcelona  Co-funded by the European Union injuve




symbiotic.roots.ace



symbiotic.roots.ace WILD WOMB: menstrual education, health & sovereignty invites you to two open dissemination sessions to introduce the project and share some of its somatic and expressive practices in menstrual education.

 Barcelona
Saturday, 22/11/2025 · 11:00–13:00
Casal del Barri Pou de la Figuera (Ciutat Vella)
C. Sant Pere més Baix, 70


 Online (EN) Via Zoom
Wednesday, 17/12/2025 · 18:30–20:00 CET

Both sessions are free and open to educators, artists, youth workers, parents, and anyone interested in exploring new approaches to menstrual health, education, and sovereignty through the arts and somatic work.

A space to learn about the project, experience some activities, and connect with professionals working in this field.



 Les gusta a uterodaterra_ y 24 personas más
15 de noviembre de 2025

 Agrega un comentario...

Publicar

EL MON ENS MOU

Trobada migrant

Participació gratuïta

Vine a compartir experiències, ajudar-te i construir vincles amb persones migrants que, com tu, estan creant una nova llar lluny de casa.

Programació:

The passat? - Xarxes i col·lectivitat migratòria
I de quina feina? - Orientació i inserció laboral
El coc com a àncora - Clases deoga i mindfulness
Butoic/Orientat - Trobada comunitaria

Places limitades

Activitat gratuïta amb inscripció web

O a través de: 603367463

Seguira-nos a: @Caleidra



TALLER DE FOTOBORDADO

sobre las vivencias del impacto del racismo y las discriminaciones en la ruta migratoria.



4 OCTUBRE | 18 OCTUBRE | 8 NOVIEMBRE
16 - 20 H | 16 - 20 H | 18 - 20 H

CASAL DE BARRI
POU DE LA FIGUERA | Carrer de Sant Pere Més Baix, 70,
Ciutat Vella, Barcelona

Inscripcions en huitaca1310@gmail.com



MUJERES SENEGALESAS DE JOKKO ORGANIZAN:

(Comida, sumos locales y música africana)



MINI FERIA
DE ARTESANÍAS
Y MODA

SÁBADO 15 DE NOVIEMBRE

SALA POU DE LA FIGUERA DE
BARCELONA (CALLE SANT
PERE MÉS BAIX 70) DE 12:00 A
20:00

Colaboran:



RITMO CIRCULAR

Percusión corporal + Improvisación vocal

VIERNES 7 y 21 de NOVIEMBRE
de 12 a 13:30h



CASAL POU DE LA FIGUERA

C/ Sant Pere Més Baix, 70

BARCELONA

INFO:
675665122 - Viola
i5 @violadici



UTERO SALVAJE

educación menstrual, salud y
soberanía ciclica
taller experiencial



Casal de Barri Pou de la Figuera
C/ Sant Pere més Baix, 70

sábado, 22 nov, 11-13h
inscripció gratuïta
info@symbioticroots.org



focusing

DILLUNS
17.30 a 19.00

El Focusing és una eina terapèutica i de creixement personal a l'abast de tothom que ens apropa a la saviesa innata que ens habita per mitjà de la intel·ligència, la memòria i el llenguatge del propi cos. Està dirigit a persones que volen:

- Fer un camí de creixement personal
- Crear
- Acompanyar

com serà el taller?

Serà eminentment pràctic.
9 sessions formatives experiencials i 3 sessions de pràctiques on aprendràs les eines bàsiques per practicar i comprovar-ne els seus beneficis en el teu dia a dia. El curs és al nivell I que completa el 80% de les hores i permet accedir al Nivell II.

on serà el taller?

Carrer Sant Pere més Baix, 70 (Casal Pou de la Figuera) - Barcelona

Onia Jané Balbère - oniaj@msl.com - 656 35 27 47
Joan Gómez Ralfs - joangomezralfs@gmail.com - 687 556 792

Formadors de Focusing per l'Associació Focusing Institute

El Convivio

Laboratorio Teatral

Un espacio libre para crear
y descubrir...te
Te esperamos en...

Inicio
15
Set

CASAL DE BARRI
POU DE LA FIGUERA
C/ Sant Pere Més Baix, 70

De 19:00 a 21:00

+34 93 8212847 | @caalipou
info@casalipoudelafiguera.net

Clases de ACROYOGA

Casal de Barri Pou de la Figuera
C/ Sant Pere Més Baix, 70

- Trabajamos:
- ✓ Partnering
 - ✓ Coordinación
 - ✓ Comunicación
 - ✓ Forma física
 - ✓ Flexibilidad
 - ✓ Exploración del movimiento

Lunes
18:30-20:00

678213204
@gaetikbcn



UTERO SALVAJE

Educación menstrual, salud y
soberanía cíclica
taller experiencial



Casal de Barri Pou de la Figuera
C. Sant Pere més Baix, 70

sábado, 22 nov, 11-13h
inscripción previa:
info@symbioticroots.org

symbiotic
roots

Diputació de
Catalunya

Generalitat
de Catalunya



Co-Financed by
the European Union

injuve





Handwritten notes on a white sheet of paper, including a peace symbol and the word "Parents".

Handwritten notes on a black sheet of paper, including the text: "I had and remember this is not washers this is the only thing I had".

Handwritten notes on a purple card, with a person wearing a black hat and glasses writing.

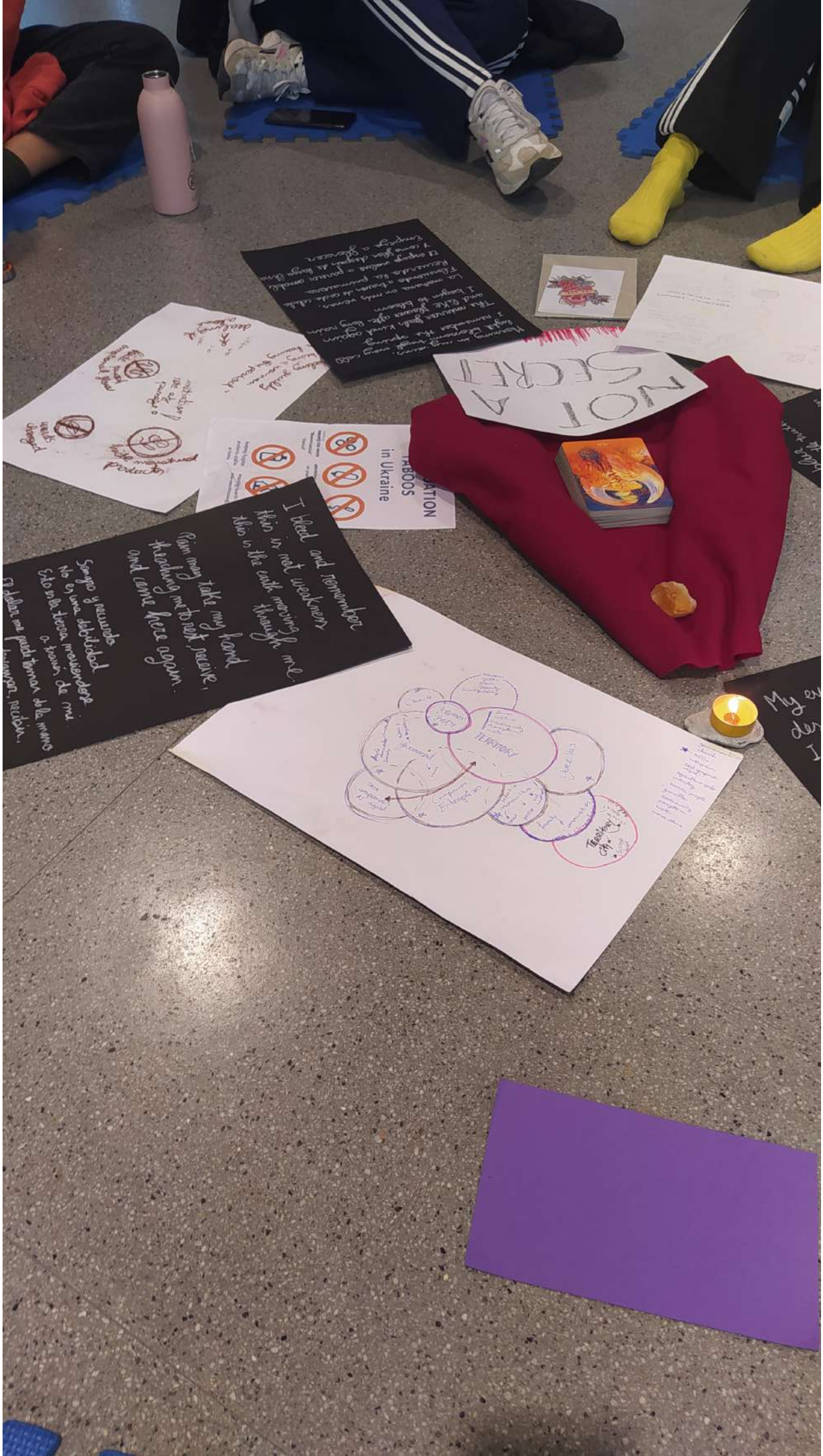
Handwritten notes on a white sheet of paper, including a peace symbol and the word "Parents".

Handwritten notes on a black sheet of paper, including the text: "I had and remember this is not washers this is the only thing I had".



Handwritten notes on a white sheet of paper, including a peace symbol and the word "Parents".





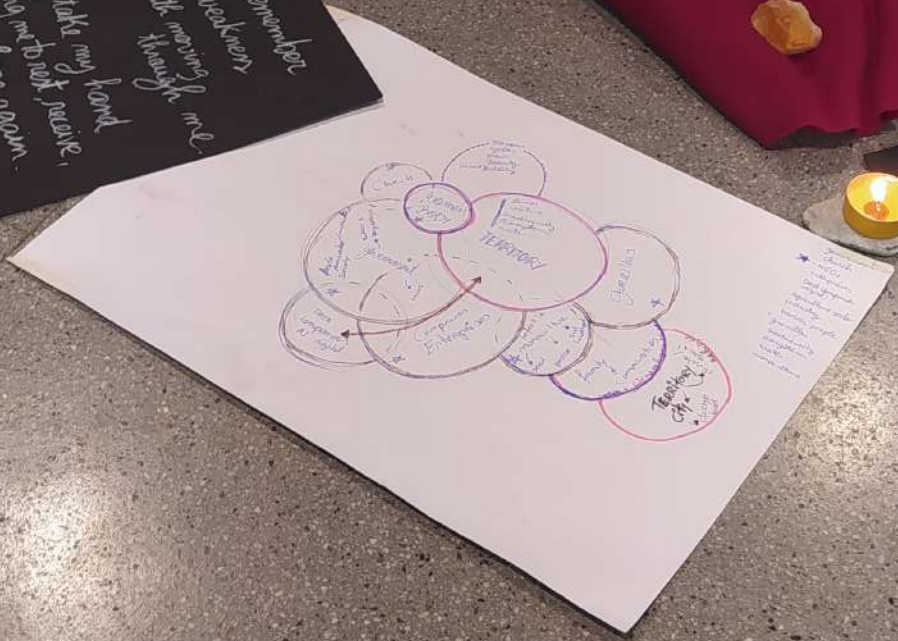
Handwritten text on a black card, partially obscured and upside down. Visible words include: "I began to bloom", "The narrator goes back again", "and the flowers open", "I remember the spring", "Hearing an old woman", "I remember the spring", "The narrator goes back again", "and the flowers open", "I remember the spring", "Hearing an old woman", "I remember the spring".

Handwritten notes on white paper. One note says "I bleed and remember". Another note says "I bleed and remember". There are also some symbols and drawings.

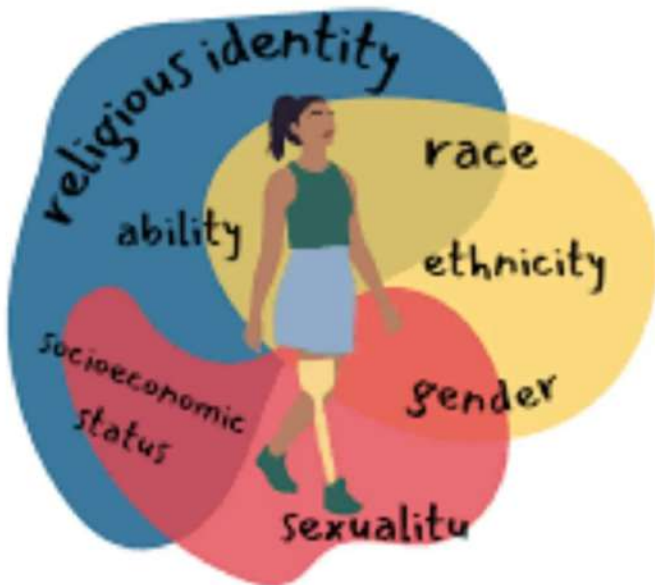
NOT SECRET A

in Ukraine
TABOOS
TABOOS

I bleed and remember
This is not weakness
It is the strength
that moves me
Rain may take my heart
but my love is not
and love here again
Sergio y remember
No es una abstracción
Es la vida que me
a través de mi
Cada vez que pienso de la guerra
Cada vez que pienso de la guerra



WEBINAR Gender, Intersectionality and Menstrual Health



europamente

...



europamente 🌱🌿 Reflecting on Gender, Intersectionality & Menstrual Health

As part of the Wild Womb training course, coordinated by Symbiotic Roots, Europamente delivered a workshop on gender and intersectionality, exploring how social identities, norms, and power relations shape experiences of menstrual health.

Participants discussed the topic through multiple lenses - cultural, social, biological, psychological, and political, uncovering how an intersectional approach can lead to more inclusive and holistic menstrual health education.

Thank you to everyone who contributed with curiosity, openness, and passion to this meaningful exchange! 🌸

🌱🌿 Riflettendo su Genere, Intersezionalità e Salute Mestruale

Nell'ambito del corso di formazione Wild Womb, coordinato da Symbiotic Roots, Europamente ha condotto un workshop su genere e intersezionalità, esplorando come le identità sociali, le norme e le relazioni di potere influenzano le esperienze legate alla salute mestruale.



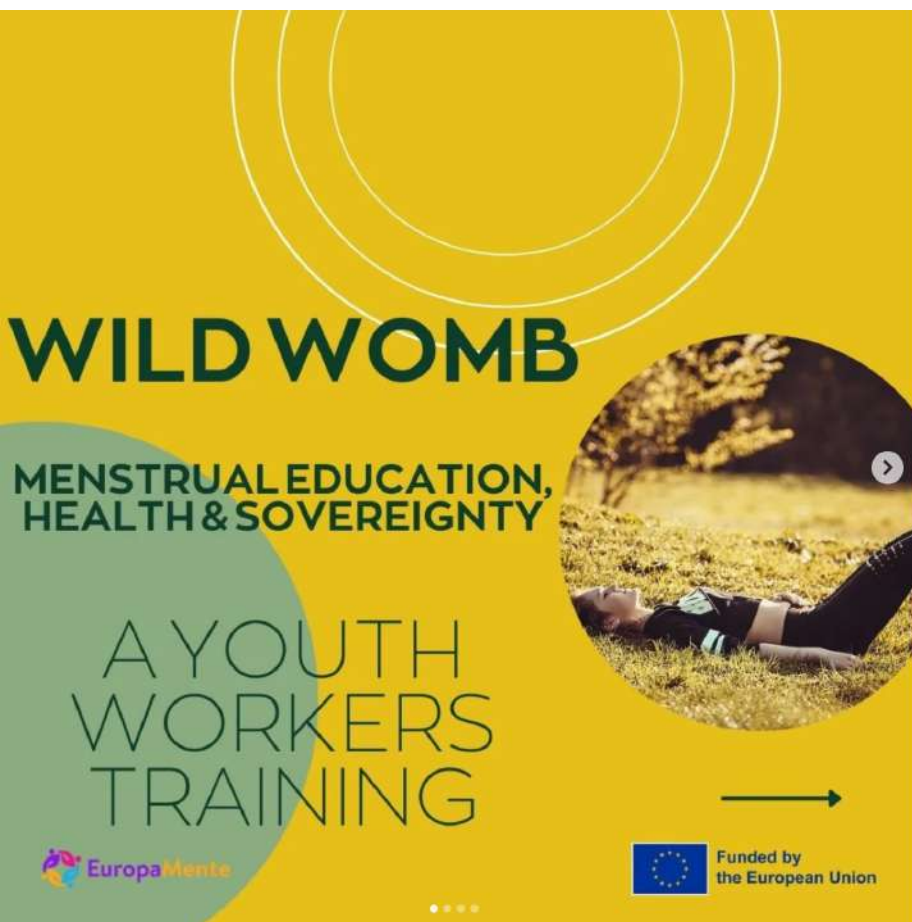
11 likes

11 October



Add a comment...

Post



europamente
Chinchon, Madrid



europamente 🌍 Wild Womb: Menstrual Education, Health & Sovereignty
📍 Chinchón (Spain) | 🇪🇸 19–25 October 2025

We are thrilled to announce an international training course dedicated to menstrual health, education, and body awareness for youth workers who want to create impact in their communities.

This project will bring together female youth workers from Italy, Spain, Portugal, the Netherlands, France, Turkey, Jordan, and Ukraine, offering a unique opportunity to:

- ✅ Deepen understanding of the menstrual cycle
- ✅ Explore somatic and artistic methods for non-formal education
- ✅ Promote psycho-emotional and physical well-being among young people

Before meeting in Spain, participants will join an online welcome session and two interactive masterclasses, leading up to a transformative week of training in the heart of Chinchón.

- 📅 Apply by September 5th, 2025
- 📄 Check out the Info Pack and the application form on our



13 likes
25 August



Add a comment...

Post



europamente • Following
Chinchón, Madrid



europamente 27 m
The Wild Womb: Menstrual Education, Health & Sovereignty training, supported by the Erasmus+ programme, has just come to a beautiful close in Chinchón, Spain 🌿🌟

Over several transformative days, participants explored menstrual health, body literacy, cyclicity, and care through creativity, movement, storytelling, and collective reflection.

They connected with nature, expressed emotions and fears through symbolic gestures, song, and poetry, and built a truly safe and supportive space for dialogue and learning.

Discussions on menstrual taboos



4 likes

27 minutes ago



Add a comment...





DAY 1 : CONNECTION

moments and echoes



geyoteam
Madrid, Spain



geyoteam Ekibimizin Eğitim, Kültür ve Sosyal İşlerden Sorumlu Üyesi Ayşegül Hande DAĞDEVİREN ÖZCAN ve Aslıhan DENİZLİ'nin katılımıyla İspanya'da gerçekleştirdiğimiz "Wild Womb: Menstrual Education, Health and Sovereignty" isimli projemizi başarıyla tamamladık.

2 d See Translation



symbiotic.roots.ace It was beautiful having you with us! Thank you for sharing your experiences and wisdom! Growing together!

21 h Reply See Translation

— Hide replies



geyoteam @symbiotic.roots.ace As Global Explorers Youth Team, it was honor for us to work on this project with precious people like you. Our participants in this project @hurin75 @aslihan.yaman.1 told us excellent things about you, other participants in the project, and project activities. Thank you so much for everything once again. We hope to work on the new projects with you again in 2026. 🌸🌸🌸🌸

20 h Reply See Translation



10 likes

2 days ago

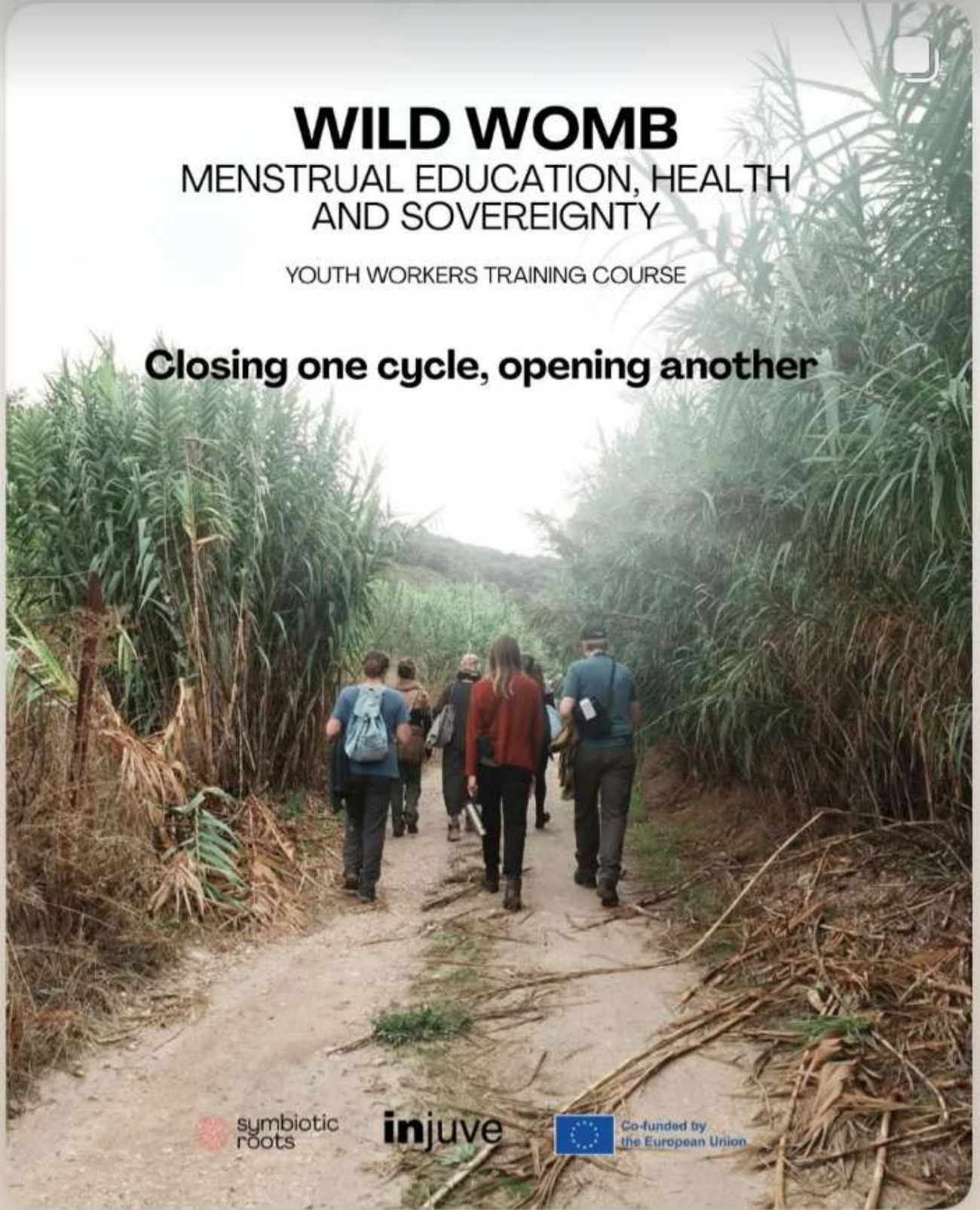


Add a comment...

Post



meleader 27 m

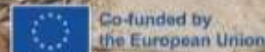
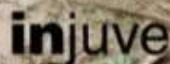
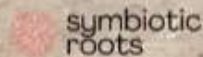


WILD WOMB

MENSTRUAL EDUCATION, HEALTH AND SOVEREIGNTY

YOUTH WORKERS TRAINING COURSE

Closing one cycle, opening another



@symbiotic.roots.ace

Just had a blast, thank
you for creating such a
space



daymartinez.design 30 m

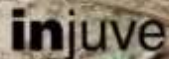
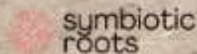
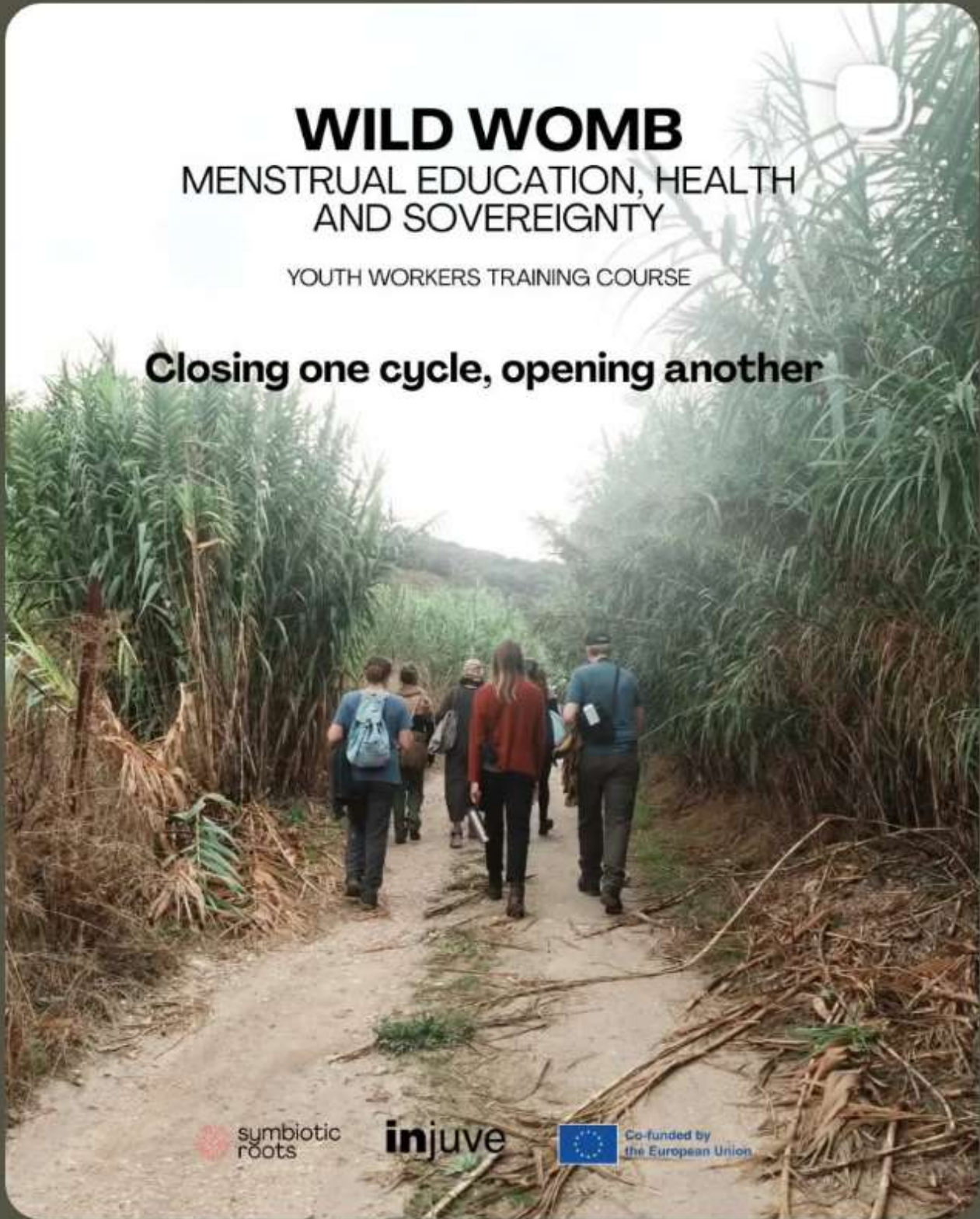


WILD WOMB

MENSTRUAL EDUCATION, HEALTH AND SOVEREIGNTY

YOUTH WORKERS TRAINING COURSE

Closing one cycle, opening another



Co-funded by
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[@symbiotic.roots.ace](https://www.instagram.com/symbiotic.roots.ace)



daymartinez.design



daymartinez.design Útero salvaje ([@symbiotic.roots.ace](#))

Una experiencia a lo más profundo de mis entrañas para llorarle a la versión de mí que se quedó en Cuba, a la versión que tenía un miedo paralizante, la que quería encajar perdiéndose a sí misma en los ojos de otros que no la veían.

Encontrar un espejo seguro, mujeres salvajes que sostienen la incomodidad con tanta naturalidad y ternura, que aúllan a la tribu y hacen rituales de agradecimiento.

Verme, reencontrarme después de tanto tiempo, gracias a estas mujeres que abrazan su autenticidad y cultivan la de otras 🌱

2 d



symbiotic.roots.ace tu sensibilidad nos toca en la profundo. gracias por traernos la inmensidad de las aguas del océano!



Now Reply



jenniferalbin94 ❤️❤️❤️



15 h Reply ...



Liked by [europamente](#) and 32 others

2 days ago



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1w • 🌱

The Wild Womb: Menstrual Education, Health & Sovereignty training, supported by the Erasmus+ programme, has just come to a beautiful close in Chinchón, Spain 🌱🌿

Over several transformative days, participants explored menstrual health, body literacy, cyclicity, and care through creativity, movement, storytelling, and collective reflection.

They connected with nature, expressed emotions and fears through symbolic gestures, song, and poetry, and built a truly safe and supportive space for dialogue and learning.

Discussions on menstrual taboos opened up meaningful intergenerational and intercultural exchanges, while creative activities, from collage-making to open space workshops, allowed participants to translate ideas into embodied experiences.

The group explored the deep connection between body, territory, and Earth, culminating in shared performances and a powerful ritual of intentions for the future, joined by women from the Valdelaguna Women's Association.

A warm thank you to [Symbiotic Roots Cultural and Educational Association](#), the leading organization, for designing and guiding such an inspiring and transformative experience 🌈

Il training Wild Womb: Menstrual Education, Health & Sovereignty, sostenuto dal programma Erasmus+, si è appena concluso nella splendida cornice di Chinchón, in Spagna 🌱🌿

Nel corso di diversi giorni di attività trasformative, le partecipanti hanno esplorato i temi della salute mestruale, della conoscenza del corpo, della ciclicità e della cura, attraverso creatività, movimento, narrazione e riflessione collettiva.

Si sono connesse con la natura, hanno espresso emozioni e paure attraverso gesti simbolici, canti e poesie, costruendo uno spazio sicuro e accogliente di dialogo e apprendimento reciproco.

Le discussioni sui tabù mestruali hanno dato vita a significativi scambi interculturali e intergenerazionali, mentre le attività creative, dal collage agli open space workshop, hanno permesso di tradurre le idee in esperienze concrete e condivise.

Il gruppo ha esplorato la profonda connessione tra corpo, territorio e terra, concludendo il percorso con performance collettive e un potente rituale di intenzioni per il futuro, insieme alle donne dell'Associazione Femminile di Valdelaguna.

Un sentito ringraziamento a Symbiotic Roots, ente capofila, per aver ideato e guidato un'esperienza così ispiratrice e trasformativa 🌈





Altın madalyalı ekipte bir Dörtdivanlı

Altın madalyalı ekipte bir Dörtdivanlı**Ressam İletişim Fakültesine dekan...****4DİVAN'DA 4TEMA MATEMATİK****Dörtdivan Yunus Emre İHO Türkiye...****Dörtdivan'ın Şahları Doğa Müzesi ilk 51...**

Uluslararası Proje Deneyimi Yerelde Gençlerle Buluştu: Menstrüel Sağlık Eğitimi Bolu'da Büyük İlgi Gördü

Global Explorers Youth Team (Global Kaşifler Gençlik Ekibi), Erasmus+ projesi kapsamında edindiği bilgileri Bolu Abant İzzet Baysal Üniversitesi (BAİBÜ) öğrencileriyle paylaşarak menstrüel sağlık ve beden farkındalığı konularında önemli bir eğitim etkinliği gerçekleştirdi.

08 Aralık 2025 Pazartesi 17:24

**Menstrüel Sağlık Eğitimi Bolu'da Büyük İlgi Gördü****SON DAKİKA**

TÜMÜ

- SİYASET** 22 dakika önce
Bolu Milletvekili Akgül'den Camilerdeki Personel Eksiklikleri İçin Soru Önergesi: "Kadro Açığı Ne Zaman Kapanacak?"
- EĞİTİM** 19 saat önce
Uluslararası Proje Deneyimi Yerelde Gençlerle Buluştu: Menstrüel Sağlık Eğitimi Bolu'da Büyük İlgi Gördü
- SİYASET** 20 saat önce
Bolu Milletvekili Akgül: 2026 Bütçe Görüşmelerinde Bolu'nun İhtiyaçları Titizlikle Takip Edilecek
- SİYASET** 5 gün önce
İsmail Akgül; "Yeni Yol Değil, Mevcut Yolların İyileştirilmesi Öncelik Olmalı!"

Global Explorers Youth Team (Global Kaşifler Gençlik Ekibi), Erasmus+ projesi kapsamında edindiği bilgileri Bolu Abant İzzet Baysal Üniversitesi (BAİBÜ) öğrencileriyle paylaşarak menstrüel sağlık ve beden farkındalığı konularında önemli bir eğitim etkinliği gerçekleştirdi.

Bolu/Türkiye - Global Explorers Youth Team'in Eğitim, Kültür ve Sosyal İşlerden Sorumlu Üyeleri **Ayşegül Hande DAĞDEVİREN ÖZCAN** ve **Aslıhan DENİZLİ**, İspanya'dan Symbiotic Roots kurumunun koordinatörlüğünde düzenlenen uluslararası bir gençlik çalışanları eğitim programının çıktılarını yerelleştirdi.



"Wild Womb: Menstrual Education, Health and Sovereignty" (Vahşi Rahim: Menstrüel Eğitim, Sağlık ve Egemenlik) başlıklı Erasmus+ gençlik çalışanları eğitim projesi, Portekiz, İtalya, Ukrayna, Hollanda ve Ürdün'den katılımcıları ağırlamıştı.

BAİBÜ Öğrencilerine Yönelik Kapsamlı Eğitim

Ayşegül Hande DAĞDEVİREN ÖZCAN ve Aslıhan DENİZLİ, uluslararası eğitimde edindikleri yöntem ve bilgileri yaygınlaştırmak amacıyla 01 Aralık 2025 Pazartesi günü Bolu Abant İzzet Baysal Üniversitesi öğrencisi genç kadınlara yönelik özel bir eğitim etkinliği düzenledi.



Üniversitenin Gölköy kampüsünde bulunan Hayrettin Tokadi KYK Kız Yurdu Toplantı Salonu'nda tamamen gönüllü katılımı gerçekleştirilen eğitim, genç kadınlar tarafından yoğun ilgi gördü. Etkinlik boyunca, **menstrüel sağlık, beden farkındalığı, bütüncül yaklaşım ve güçlendirici pratikler** üzerine interaktif çalışmalar yapıldı. Katılımcılar, konuya ilişkin merak ettikleri sorulara cevap bulma ve deneyimlerini paylaşma fırsatı yakaladı.

Yerelde Farkındalık Yaratma Hedefi



Global Explorers Youth Team, uluslararası eğitimlerden elde edilen bilgi ve becerileri yerel düzeyde gençlerle paylaşarak toplumda farkındalık yaratmayı ve özellikle genç kadınların hayati öneme sahip bilgilere erişimini desteklemeyi sürdürmeyi hedeflediğini belirtti. Ekip, bu tür gönüllü etkinliklerle gençlerin güçlenmesine katkıda bulunmaya devam edeceğinin altını çizdi.